

Advice following intra-uterine contraception ('coil') fitting at the time of birth

You have been fitted with a:

Date of Insertion:

Date for change or removal:

Follow up appointment:

Attach IUC card here

What will happen now?

In the first 24 hours after intrauterine contraception ('coil') fitting you might experience mild, cramping abdominal (tummy) pain. If you need to take something for the pain this should be relieved by Paracetamol or Ibuprofen. If you require analgesia (painkillers) please follow the instructions within the packet.

During the first 4-6 weeks, there is a slight risk of infection developing inside the womb. Signs to look out for include:

- pain that does not go away after having taken your required dosage of Paracetamol or Ibuprofen
- fever or feeling generally unwell
- heavy bleeding or a vaginal discharge which may have a smell.

If you are worried, or develop any of these symptoms you should contact Sandyford Sexual Health Service your GP or your Midwife if she is still visiting you at home. (Contact details for Sandyford are on the back of this leaflet).

Do I need an appointment to check everything is OK with my intrauterine contraception ('coil')?

Your details will be passed onto the team at Sandyford and they will get in contact with you to arrange a short appointment at the nearest, available Sandyford clinic. An interpreter can be arranged if required.

This is normally done at 4-6 weeks after fitting. You can bring your baby with you, if you wish, and are welcome to breast feed. If you wish private space, please let the team know at the time of your appointment.

Is there lift access?

Yes, most Sandyford clinics have lift access. If you need any extra assistance, please let us know.

What will happen at my checkup appointment?

The doctor or nurse will perform a vaginal speculum examination. This involves using a small piece of equipment called a speculum. This is inserted into your vagina to see your cervix. This examination is quite similar to having a smear test. This examination will allow us to confirm that the intra-uterine contraception ('coil') is in the correct position and trim the threads if needed. Sometimes we need to perform an ultrasound scan, which is often an internal vaginal scan. This gives us a clearer view of the womb.

If we think your coil has fallen out we may be able to fit another, if needed. We are aware you may feel tender after having a baby. Please let us know if you have any concerns.

What will happen to my bleeding?

- If you had **hormonal** intra-uterine contraception ('coil') fitted:
 - The normal bleeding you experience after delivery may be lighter than normal and stop earlier.
 - After that, it is normal to experience irregular bleeding or spotting for up to 6 months.
 - This usually settles and in time your periods will become lighter or may stop altogether.
- If you had non-hormonal intra-uterine contraception ('copper coil') fitted:
 - You will bleed as normal, following delivery.
 - When your periods return they may be a day or two longer than they used to be and can be a bit heavier, although this is not the case for everyone.

Is it OK to use tampons?

We recommend that you avoid using tampons or mooncups. This is because there is a higher risk of infection. It is fine to use tampons or mooncups after this, although do take care as occasionally the threads of the intra-uterine contraception ('coil') may be long at the start and can become caught.

I think I can feel my threads – is that normal?

Often when an intra-uterine contraception ('coil') is fitted after delivery the threads are left long and come down into the vagina as your womb returns to normal size. We can check this for you at your check-up appointment and trim the threads if necessary. If, however, you feel or see the threads before then you should contact us sooner to have them trimmed. Try to avoid pulling on the threads yourself as the intra-uterine contraception ('coil') may be removed by accident.

I think my intra-uterine contraception ('coil') may have fallen out – what should I do?

Although uncommon, sometimes the intra-uterine contraception ('coil') can fall out from your womb. If you suspect this might have happened it is important that you contact us as soon as you can. Avoid any unprotected sex until this has been checked and you may need to consider emergency contraception.

Can I start having sex again?

You can start having sex again whenever you feel ready. The timing of this will vary for each woman. Both types of intra-uterine contraception ('coil') are very good at preventing pregnancy and will start working straight away if in the right place.

We will be able to confirm this for you at your first check-up.

However, if you do have sex before your first check-up, we would recommend that you use condoms (or alternative contraception) until we can make sure that your IUC is in the correct position.

Any questions?

If you have any questions or concerns, please contact the dedicated team at Sandyford Sexual Health Service, using the contact details below.

In case of an emergency, or you feel unwell, you should contact your GP or NHS 24 on 111.

Contact information

Sandyford Post-Partum Contraception Team

0141 211 8608

Sandyford.Postpartum@ggc.scot.nhs.uk

Available Monday-Friday 9am to 5pm. You can leave a voicemail if there is no answer.

